Appendix 2

**Rosenberg Self Esteem Scale (Rosenberg, 1965)**

The scale is a ten-item Likert scale with items answered on a four-point scale – from strongly agree to strongly disagree.

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle **SA**. If you agree, circle A. If you disagree, circle D. If you strongly disagree, circle SD.

1. On the whole, I am satisfied with myself. **SA A D SD**
2. \*At times, I think I am no good at all. **SA A D SD**
3. I feel that I have a number of good qualities. **SA A D SD**
4. I am able to do things as well as most other people. **SA A D SD**
5. \*I feel I do not have much to be proud of. **SA A D SD**
6. \*I certainly feel useless at times. **SA A D SD**
7. I feel that I’m a person of worth, at least on an equal plane with others. **SA A D SD**
8. \*I wish I could have more respect for myself. **SA A D SD**
9. \*All in all, I am inclined to feel that I am a failure. **SA A D SD**
10. I take a positive attitude toward myself. **SA A D SD**

Scoring: SA=3, A=2, D=1, SD=0. Items with an asterisk are reverse scored, that is, SA=0, A=1, D=2, SD=3. Sum the scores for the 10 items. The higher the score, the higher the self esteem.

The scale may be used without explicit permission. The author's family, however, would like to be kept informed of its use:

The Morris Rosenberg Foundation c/o Department of Sociology University of Maryland 2112 Art/Soc Building

College Park, MD 20742-1315